

**Abstract**

A method of applying a tensile or compressive force to a selected location of a work piece or surface without damaging the work piece or the surface and without leaving adhesive residue thereon includes providing a device including a

5    body member and a force applying member movably connected with the body member, attaching the body member and/or the force applying member to the work piece and/or surface using a double-sided stretch releasing adhesive such that one end of the force applying member is adjacent the selected location, and moving the force applying member toward the work piece or surface to generate a compressive

10   force, or moving the force applying member away from the work piece or surface to generate a tensile force.